WOMEN'S

Yoga Retreat

AT MIRACLE HOT SPRINGS

With Tener Rogers, Alysha Oclassen & Phoebe Pilaro October 10-12, 2014

Join us for a unique yoga retreat designed to nourish your self from the inside out. As winter approaches, stoke your internal fires with three long yoga sessions, dips in the geothermal pools, and delicious food. This soulful gathering will leave you restored, renewed, and revived.

$ 300 includes yoga, lodging in the domes, use of the the pools, and amazing vegetarian food cooked by Anaya Gruber. In addition to the Main Dome, new accommodation options include the King, Queen & Camping Domes for an additional fee.

All proceeds benefit Syringa Mountain School.

WEEKEND SCHEDULE

FRIDAY

5-7 pm
Arrive

7 pm
Welcome dinner

SATURDAY

8 am
Light Breakfast

10 am - 12 pm
Yoga

12:30 pm
Lunch

1 pm
Relax
open time to nap, soak in the hot springs, get a massage, read a novel, chat, etc!

4:30-6 pm
Restorative Yoga

6:30 pm
Dinner

SUNDAY

8 am
Light Breakfast

10 am - 12 pm
Yoga

Check out:
www.mhsprings.com
www.yogawithtener.com

TO INQUIRE OR RESERVE A SPOT, CONTACT:

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